

## Positive Alternatives 2016 - 17 First Quarterly Update

Grantee (Name and city): Philomena House, St. Paul (878194)

Contact: Joyce Nevins, Director

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**Goal:** To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

For the period/quarter: July 1 – Sept. 30, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities Grant</b>	Administer grant activities		Joyce Nevins, Director Sharon King, Housemother Anne Bolle, Housemother	
<b>Outreach</b>	Promote Grant activities		Submitted MDH License for Phil.Hse.. Registered with Dept.Safety and Inspections to check for number unrelated adults: may have 6. Obtaining a variance because Phil.Hse. is located “too close to other support service home” Have obtained brochure of Phil.Hse. to distribute at Grantee meeting in Oct. 20 and other sites. In process of placing our ads. In church bulletins.	
<b>Education – Financial Assistance</b>	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to increase financial literacy and move residents to self-	2-4	One is due in Oct. and Life coach taking her to visit colleges for her interest in education to become a Vet. Tech..She will move out in 2-4 weeks because she will have access to low cost housing. Attending financial and Parenting classes.. Another just admitted and due mid- Oct. and attending High School every day. Plans to attend Parenting, Life Coach and Financial Classes. Plan to “save	

	sufficiency *Assist residents in completing applications for financial assistance for college, permanent housing and other needs.		every dime". Planning career in Nursing. One is due in Nov. and is planning to reunite with baby's father. Looking toward "police work" and low cost housing. She attends all our Life Coach and Financial Planning and Parenting classes	
<b>Housing Assistance and Administration</b>	*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies. *Clothing is also available for moms and infants. *Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food), *weekly life and financial coach group and individual meetings with mentor and doula. *“Family” meeting once a week with all the members of house and director. *Provide intake assessment: Director assigns a volunteer mentor and Doula for each guest *helps coordinate Obstetrician, Pediatrician and PHN / and *assesses other needs: eyes,	2-4	Our meal program includes shopping and each must cook a meal (of their choosing) each week. Each puts needed items on the grocery list and then shops for these with the housemother. At this time packages are checked for nutrition: Sodium, Fat, Carb, Protein/vs. Cost. Each has a Doula and a mentor . Helping our newest guest obtain (replace) lost SS card and Medicaid cards. Also State ID card. Dental and Eyeglass apt. being scheduled for new guest. Guests access Obstetrician and Pediatrician according to their insurance. One guest attends two times each week at addiction treatment center. One guest has a Public Health Nurse One guest Said she intended to “place” her daughter for adoption. However when baby was born she said she never intended to “place” her baby and only said that for her mother’s sake. She left Phil.Hse very abruptly with her two week old daughter. = Stayed at baby’s grandmother. She called one month later and was again homeless and wanting to come back to Phil.Hse.. Baby staying with an aunt. Refused help from us to obtain MFIP and mentor while she was with us and again refused help on phone one month later. .	12.  8  4  2 4 6 3 4

	<p>dental, addictions/adjustment to the Philomena House.</p> <p>*Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.) *Discusses compatibility with assigned mentor and doula. *All appointment times recorded on office and kitchen calendars.</p> <p>*Jobs and Education interests also discussed at this time.</p> <p>*The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include "mom's first" or ARMS worker etc.)</p>			
<b>Mentoring and Doula Programs</b>	<ul style="list-style-type: none"> <li>*Pair residents with volunteer mentors and birth doulas</li> <li>*Provide intake assessment</li> <li>*Safe sleep and Car seat, 'shaken baby' education</li> <li>*Provide support in carrying baby to term, setting goals, assist with development in areas indicated in assessment</li> <li>*Mentor and Doula may be present for Care Conference and</li> </ul>	2-4		ongoing

	<p>the delivery</p> <ul style="list-style-type: none"> <li>*Post-partum Doula assists in care of mother and baby after delivery</li> <li>*Mentor/and Doula may continue with guest after she leaves Philomena House</li> </ul>			
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>*Provide nutrition education for pregnant and parenting women</li> <li>*Provide healthy snacks during meetings</li> <li>*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking</li> <li>*Provides encouragement and 'tips' to new mom( breast/bottle feeding)</li> <li>*Provide instruction on cleaning bottles and equipment</li> </ul>	2- 4	(Please see above)	ongoing
<b>Parenting Education</b>	<ul style="list-style-type: none"> <li>*Provide parenting education to residents on topics including child care, normal growth and development. Health,</li> <li>*immunizations and making parenting plans. (Adoption)</li> <li>*Hormonal changes and 'postpartum blues'</li> <li>*Importance of exercise for baby and mom</li> </ul>	2-4	Our new guests plan to breast feed, and the doula specializes in teaching about feeding and baby massage and exercises for baby. Postpartum doula will provide information to prevent or lessen hormonal changes with special regard to depression.	2 1 4

	*Baby message and motion exercises			
<b>Pregnancy Education</b>	<ul style="list-style-type: none"> <li>*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise.</li> <li>*Provide information on safe use of treadmill and stationary bike</li> <li>*Provide alcohol, drug and smoking cessation information</li> </ul>	2-4	<p>We recently purchased five DVD's about Parenting tips, car seats, , Dating, safe sex/purity and The effect of Family Violence on Children. If the guest watches all five she can earn a \$25.00 gift card. We will also discuss each one.</p> <p>Exercise equipment safety is frequently discussed.</p> <p>None of our present guests smoke. Two take anti-depressants.</p>	3
<b>Provide Necessary Services to all clients</b>	<ul style="list-style-type: none"> <li>*Provide intake assessment to determine need.</li> <li>*Provide women with information on, referral to and assistance with securing pregnancy support services.</li> <li>*Utilize our extensive resource database to provide information and make referrals</li> </ul>	3-12	<p>Intake done for all guests</p> <p>Pregnancy support with doula – all guests</p> <p>All guests utilize our resources</p>	4 4 4
<b>Provide Necessary Services Assessments Only</b>	<ul style="list-style-type: none"> <li>*Provide intake assessment to determine need.</li> <li>*Provide women with information on, referral to and assistance with securing pregnancy support services.</li> <li>*Utilize our extensive resource database to provide information</li> </ul>	3-12	<p>We have taken three to the Obstetrics appointments. Our fourth, newest guest will make her appointment very soon. She will also attend our dentist.</p> <p>All are using our computer and Referral booklet for housing, jobs, mental health, and other services.</p>	4 2

	and make referrals			
<b>Transportation</b>	<ul style="list-style-type: none"> <li>*Provide bus passes for transportation assistance to:</li> <li>*Educational Opportunities and work as well as doctor/dentist/other appointments.</li> <li>*Philomena House is half a block from a bus stop.</li> <li>*Some volunteers need gas reimbursement.</li> </ul>	2-4	All three guests are obtaining car rides to appointments because they are so near the due date.	Ongoing for 3

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	3

**Challenges to rest and relaxation but also need to teach and direct them toward independence and healthy living.**

**Comments:** We have much sadness at times with the adoption and also JOY. Hormones are raging but totally appropriate and in 'control'. Our housemothers are indispensable and I would hate to see this group grappling with their problems without this wonderful home for them to relax and be supported in their "hour of need".